

Summer  
Meals  
for Kids!



Nutrition  
for a Healthy  
Body

Reading  
For a Healthy  
Mind



Summer  
Meals  
for Kids!



Run  
Skate  
Jump  
Dance  
Climb  
Bike

For a Healthy  
Mind and Body

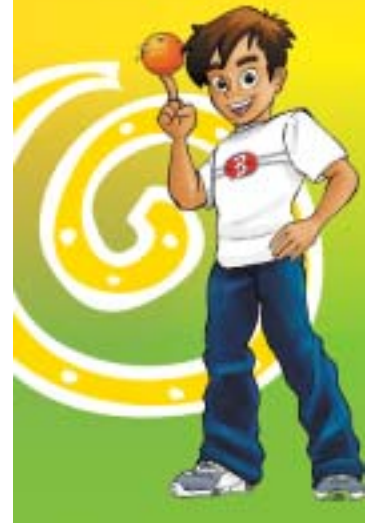


Summer  
Meals  
for Kids!



Apples  
Carrots  
Berries  
Oranges  
Melons

Nutrition  
For a Healthy  
Body



## Parent Tips for a Healthy Summer



**Volunteer: Promote a  
Summer Food Service  
Program in your  
school or  
neighborhood.**



**Serve meals or  
supervise activities.**

**Read with your child.**



**Talk to your child  
about good nutrition.**



**Join your child in a  
physical activity.**



**For the Summer Food  
Program nearest you  
call: 602-263-8856**

**Outside Maricopa  
County: 1-800-352-3792**

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